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FOR IMMEDIATE RELEASE:

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## News Release NEWS RELEASE

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### RED CROSS & EMERGENCY OFFICIALS URGE CAUTION ON EXTREMELY HOT DAYS

**FREDERICK, MD** – The Chesapeake Region of the American Red Cross and the Frederick County Division of Emergency Management remind residents to take extra precautions during days with extremely high temperatures and humidity. Residents and employees who expect to be outside for an extended period of time, as well as those who are sensitive to the heat, may be at risk for heat exhaustion and other related illness.

“Citizens should be aware of the dangers and signs of heat-related illness and use caution during outdoor activities,” said Disaster Program Manager Judy Peterson of the Chesapeake Region, American Red Cross. “If someone shows signs of heat exhaustion such as pale or flushed skin, heavy sweating, headache, nausea, dizziness and weakness, move the person to a cooler place, apply cool, wet cloths to his or her skin and have the person slowly drink cool water.”

“For more information on what to do when temperatures rise, visit [www.redcross.org](http://www.redcross.org), download the [Red Cross Heat Wave Safety Checklist](#), or download the free Red Cross First Aid app. The app is available for iPhone and Android smart phone and tablet users in the [Apple App Store](#) and the [Google Play Store for Android](#) by searching for American Red Cross. Also, people can learn how to treat heat-related and other emergencies by taking first aid and CPR/AED training online or in person. Visit [redcross.org/takeaclass](http://redcross.org/takeaclass) for information and to register.”

Director Jack Markey of the Division of Emergency Management added, “We encourage everyone to drink plenty of fluids on extremely hot days, stay in an air-conditioned area, avoid prolonged time in the sun, remember to check on neighbors and relatives, and, when planning to be outside, wear light colored and loose fitting clothing.”

Additionally, the Frederick County Health Department reminds citizens to never leave children or pets unattended in a parked car even if the windows are open or the air conditioning is left running; drink more water than usual and do not wait until you are thirsty to drink, and take cool showers or baths to cool down.

For more information on preparing for, responding to and recovering from emergencies and hazards, visit [www.FrederickCountyMD.gov/READY](http://www.FrederickCountyMD.gov/READY). Additionally, the Division of Emergency Management may be contacted at 301-600-1746 or via e-mail at [EM@FrederickCountyMD.gov](mailto:EM@FrederickCountyMD.gov).

Citizens are also encouraged to sign up for emergency alerts at [www.FrederickCountyMD.gov/ALERT](http://www.FrederickCountyMD.gov/ALERT).

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